

# ANNAPURNA BASE CAMP WITH POONHILL TREK



The nature lover's ideal destination, Annapurna Base Camp trek takes you to the heavenly blessed land and landscapes where one can have an insight of cultural, ethical, natural and wilderness significance. Moreover, this trek offers us astonishing views of mountain peaks including Annapurna massif, Himchuli, Ganesh Himal, Manaslu, Macchapuchhre and many other beautiful peaks.

A high glaciation basin 40 km north of Pokhara lies in the Annapurna shrine. At over 4,000 meters above sea level, this triangular plateau is surrounded by the Annapurna mountain range, most 7000 meters high. The Sanctuary was not reached by outside citizens until 1956 with just a small valley reaching the peaks of Hiunchuli and Machapuchare where glacier run-offs flow to Modi Khola river. The Annapurna sanctuary gets only 7 hours of sunshine a day in high summer because of high mountains on both sides of the river.

On a 5-7 day trek into the Sanctuary of Annapurna, the rare combination of height and depths establish an unprecedented array of habitats. The slopes to the South are surrounded by dense tropical jungles of bamboo and rhododendron and in the rainy shade of the North are more cold and drier than the Tibetan Plateau nearby.

The Gurung People held the whole sanctuary as a sacred place, one of the many native people to be found in this area. They considered that the Gold and various treasures were laid down by the N?gas and the serpent gods known in India. The sanctuary was thought to be home to several gods: Hinduism and Buddhism, as well as ancient animist gods. The Gurung people in the region were forbidden to bring eggs or meat to the Annapurna Sanctuary until recently, and women and non-touchables were also forbidden.

The number of trekkers to the shrine has grown significantly in recent years, in part as the shrine is a basis for one of the main routes to the summits of the range of Annapurna. The Annapurna Sanctuary now forms part of the Annapurna Conservation Area Scheme, which sets restrictions on the amount of foreign visitors, firewood harvest and domestic livestock pastures.

Quick Facts about Annapurna Base Camp

- Annapurna base camp is in the lap of the 10th highest mountain Mount Annapurna (8,091 m above the sea level).
- Annapurna Base Camp is inside the Annapurna conservation area (7,629 sq. km).
- Annapurna base camp is situated at the altitude of the 4,130 m from the sea level.
- There are tea houses at Annapurna base camp surrounded by snow-capped mountains.
- More than 20 thousand trekker treks to the Annapurna base camp every year.

### Highlights

- Breathtaking view of Birethanti waterfall
- Beautiful view of Sunrise from Ghorepani- Poonhill
- Magnificent view of Annapurna range from Annapurna Base Camp
- Visit charming village of Chhomrong Village
- Jhinu Hot Spring
- Panoramic view of the Annapurna Range
- Sightseeing tour of cultural heritage sites of Kathmandu valley
- Explore the lush and wild Chitwan national park (optional)

# Outline Itinerary ( 16 Days )

## Day 1 : Arrival Day

Upon reaching Kathmandu, our representative will greet you at the airport, providing a warm welcome before transferring you to your hotel. Use this day to acclimate to the new time zone and dive into the vibrant atmosphere of Kathmandu. An orientation program is scheduled for 5 pm to help to get acquainted with your surroundings.

**Max Altitude** Kathmandu (1,400 m)

**Overnight** Himalayan Suite Hotel

**Meal** Dinner included

## Day 2 : Day tour of Kathmandu Valley

Following breakfast, our knowledgeable tour guide from Himalayan Social Journey will escort you on a captivating journey to explore Nepal's UNESCO-listed world heritage sites. Today's itinerary includes visits to the renowned Pashupatinath temple, the majestic Bouddhanath stupa, the tranquil Swoyambhunath Stupa and the historic Patan Durbar Square.

**Max Altitude** Kathmandu (1,400 m)

**Duration** 4-5 hrs

**Overnight** Himalayan Suite Hotel

**Meal** Breakfast included

## Day 3 : Drive to Pokhara

Experience the picturesque journey to Pokhara by road, where every twist and turn unveils breathtaking vistas of Nepal's natural beauty.

From terraced fields to cascading waterfalls, the route offers a scenic spectacle. Prepare to be mesmerized by the majestic Himalayan peaks and serene lakes that await in Pokhara's embrace.

**Max Altitude** Pokhara (822 m)

**Duration** 5-6 hrs

**Overnight** Hotel Lake Star

**Meal** Breakfast included

## Day 4 : Drive to Tikhedhunga and Trek to Ulleri

From Pokhara, take ground transport to Tikhedhunga where the journey begins for the trek to Ulleri. As we traverse through lush forests and charming villages. Prepare to be immersed in nature's grandeur and the cultural richness of the region.

**Max Altitude** Ulleri (2,055 m)

**Duration** 1-2 hrs

**Overnight** Guest House

**Meal** Breakfast included

## Day 5 : Ulleri to Ghorepani.

The trekking from Ulleri to Ghorepani is about 5 hours. This segment of the trek offers a challenging yet rewarding journey through the Himalayan foothills. As we ascend from Ulleri's stone staircases, surrounded by terraced fields and rhododendron forests, the trail gradually leads to Ghorepani. Ghorepani's welcoming tea houses provide a cozy heaven for trekkers to rest and refuel before continuing their adventure in the Annapurna region.

**Max Altitude** Ghorepani (2,874 m)

**Duration** 4-5 hrs

**Overnight** Guest House

**Meal** Breakfast included

## **Day 6 : Hike to Poonhill and trek to Tadapani**

The trekking from Poonhill to Tadapani is about 6-7 hours(7.4km). Poonhill, located in the Annapurna region, offers breathtaking panoramic views of the himalayas, including Annapurna and Dhaulagiri ranges, at sunrise. The hike to poonhill typically starts from Nayapul and winds through lush forests, charming villages, and terraced farmland.It's a relatively moderate trek suitable for beginners and seasons hikers alike. After witnessing the stunning sunrise from Poonhill, trekkers often continue their journey towards Tadapani.The trek to Tadapani offers serene forest walks with occassional glimpses of towering peaks.Tadapani itself ia a picturesque village peached on a hilltop, providing mesmerizing views of the surrounding mountain and valleys.

**Max Altitude** Poonhill (3,210 m), Tadapani (2,610 m)

**Duration** 4-5 hrs

**Overnight** Guest House

**Meal** Breakfast included

## **Day 7 : Tadapani to Chhomrong**

The trekking from Tadapani to Chhomrong takes about 6 hours(7.6 km). Tadapani to Chhomrong is a captivating segment of the Annapurna trek, offering diverse landscapes and cultural experiences. From Tadapani, the trail descends through dense rhododendron forests, where trekkers may encounter various wildlife and bird



species. As the route progresses, the scenery transforms into terraces fields and quaint villages, showcasing the traditional lifestyle of the Gurung people. Chhomrong, nestled in the lap of the Himalayas, serves as a gateway to the Annapurna sanctuary and is renowned for its stunning views of Annapurna South and Macchhapuchre peaks. The hike from Tadapani to Chhomrong presents trekkers with a perfect blend of natural beauty and cultural immersion.

**Max Altitude** Chhomrong (2,170 m)

**Duration** 5-6 hrs

**Overnight** Guest House

**Meal** Breakfast included

## Day 8 : Chhomrong to Dovan

The trekking from Chhomrong to Dovan takes about 6-7 hours (10 km). This is an enchanting trek through the rugged landscapes of the Annapurna region. As trekkers leave the picturesque village of Chhomrong behind, they traverse steep trails and lush forests, encountering cascading waterfalls. The path meanders through bamboo forests and rhododendron groves. Dovan, nestled at the confluence of the Modi Khola and Chhomrong Khola, offers a serene and tranquil atmosphere amidst towering peaks.

**Max Altitude** Dovan (2,500 m)

**Duration** 6-7 hrs

**Overnight** Guest House

**Meal** Breakfast included

## Day 9 : Dovan to Deurali

The trek from Dovan to Deurali takes about 4-5 hours (8 k.m). This trek is an exhilarating continuation of the Annapurna adventure. Setting off from Dovan, trekkers navigate through the lush forests and rocky



terrain, with the thundering Modi Khola river accompanying their journey. The trail gradually ascends, offering breathtaking views of peak. Deurali, situated at a higher elevation, provides a serene resting spot amidst the rugged landscape where trekkers can rejuvenate before continuing their exploration of the majestic Himalayas.

**Max Altitude** Deurali (3,200 m)

**Duration** 4-5 hrs

**Overnight** Guest House

**Meal** Breakfast included

## Day 10 : Deurali to Annapurna Base Camp

The trek from Deurali to Annapurna Base Camp takes about 5-6 hours (7.7 km). This trek is a breathtaking journey through the majestic Himalayas of Nepal. Starting from the quaint village of Deurali, nestled amidst lush forests and terraced fields, trekkers gradually ascend through a series of picturesque landscapes, including rhododendron forests, mesmerizing waterfalls, and traditional Gurung settlements. As the trail winds its way up, the panoramic views of snow-capped peaks, including the towering Annapurna massif, become increasingly awe-inspiring. Along the route, trekkers can rest and refuel at cozy tea houses. Finally, reaching Annapurna Base Camp, situated at an elevation of over 4,000 meters, offers a surreal experience.

**Max Altitude** Annapurna Base Camp (4,130 m)

**Duration** 5-6 hrs

**Overnight** Guest House

**Meal** Breakfast included

## Day 11 : Annapurna Base Camp to Bamboo

The trek from Annapurna Base Camp to Bamboo is a journey through the stunning landscapes of the Annapurna, where trekkers traverse through



lush forests, terraced fields, and charming cultural settlements, offering panoramic view of towering snow-capped peaks including Annapurna South and Macchapuchare. This path allows you to gradually descend from the Annapurna Base camp area, enjoying the scenic beauty along the way.

**Max Altitude** Bamboo (2,335 m)

**Duration** 4-5 hrs

**Overnight** Guest House

**Meal** Breakfast included

## **Day 12 : Bamboo to Jhinu (hot spring to have the natural hot bath)**

The journey begins with a scenic descent through lush forests adorned with rhododendrons, oaks and bamboo, culminating in a steep ascent to Khuldi Ghar. Afterward, the terrain levels out as we make our way to Sinuwa. Continuing on, we gradually descend towards Chhmorong Khola before ascending a seemingly endless stone staircase to Chhromrong. The final leg of the trek involves a steep descent to Jhinudanda, where a 20-minute walk leads us to the soothing Hot springs nestled alongside the Modi Khola. Here, we can relax and rejuvenate our bodies with a refreshing soak in the natural thermal waters.

**Max Altitude** Jhinu (1,780 m)

**Duration** 4-5 hrs

**Overnight** Guest House

**Meal** Breakfast included

## **Day 13 : Drive to Pokhara.**



the scenic drive from Jhnu to Pokhara takes us through winding roads surrounded by greenery and mesmerizing mountain views. As we journey, we'll pass quaint villages, terraced fields and cascading waterfalls.

**Max Altitude** Pokhara (822 m)

**Duration** 3-4 hrs

**Overnight** Hotel Lake Star

**Meal** Breakfast included

## Day 14 : Guided Pokhara sightseeing

Pokhara, Nepal gem, offers a diverse range of attractions in a compact area. Start your sightseeing journey at Davis Fall, where the thunderous cascade mesmerizes visitors with its sheer power. nearby, explore the mystical depth of Gupteshwor Cave adorned with stalactites and stalagmites, echoing with ancient tales. Ascend to the White Peace Pagoda, a serene sanctuary offering panoramic views of the Phewa lake and the Annapurna range, perfect for meditation and reflection. Continue your exploration to Pumdikot, a picturesque viewpoint offering breathtaking vistas of Pokhara valley and its surroundings peaks. Finally, visit the Tibetan Refugee Camp, where vibrant cultural heritage meets resilient community spirit, offering insights into the Tibetan way of life an unforgettable experience, weaving together the threads of Pokhara's diverse tapestry.

**Max Altitude** Pokhara (822 m)

**Duration** 3-5 hrs

**Overnight** Hotel Lake Star

**Meal** Breakfast included

## Day 15 : Drive Back to Kathmandu

After breakfast drive or fly back to Kathmandu (flight is optional).  
Evening farewell dinner with cultural program. Overnight at Himalayan Suite Hotel. (B)

**Max Altitude** Kathmandu (1,400 m)

**Duration** 5-6 hrs

**Overnight** Himalayan Suite Hotel

**Meal** Breakfast included

## Day 16 : Departure Day

After breakfast transfer to airport for Departure!

**Meal** Breakfast included

## **Include / Exclude**

- Airport pick up and drop
- Accommodation in Kathmandu (Himalayan Suite Hotel) and Pokhara (Hotel Dandelion or Hotel Lake Star) in twin sharing bed and breakfast basis.
- Meals, accommodation, insurance, and other expenses of the trekking crew (guide and porters) two people will have one porter and highly experienced English speaking guide
- Simple accommodation with breakfast during the trek
- Transportation by tourist bus Kathmandu- Pokhara -Kathmandu
- Private transportation Pokhara - Tikhedhunga and Jhinu - Pokhara
- Trekking Permit & TIMS
- Guided sightseeing tour in Kathmandu and Pokhara by private vehicle
- Necessary equipment during the trek (Sleeping bag, duffle bag if necessary)
- All Government taxes, VAT, and service charge.
- Personal equipment and clothing
- Airfare Kathmandu- Pokhara -Kathmandu (Optional)
- Lunch & dinner in Kathmandu, Pokhara, and trekking days. (Meal costs about \$4 - \$7 dollar per item depending on the place where you eat)
- City sightseeing Monuments entrance fee in Kathmandu (entrance fee Rs 200+400+1000+1000) in each place)
- Travel insurance (Highly Recommended)



# Himalayan Social Journey

Himalayan Social Journey has come up with exclusive packages based on travelers' budgets in Nepal, India, Tibet, and Bhutan with the slogan, " Ecstasy is within you, safety the first."

## Our Contact

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